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*A Natural Cure
for a
National Malady*



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A NATURAL CURE FOR A NATIONAL MALADY



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no,



Frank C. Cullen.

THIS LITTLE BOOK IS DEDICATED TO
THAT VAST MULTITUDE, WHO COMPRISE
A LARGE PART OF THE CIVILIZED WORLD
AND WHO ARE SUFFERERS FROM THE RE-
SULTS OF IMPERFECT ELIMINATION OF PHYS-
ICAL WASTE PRODUCTS, COMMONLY KNOWN
AS CONSTIPATION

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PREFACE

IF you would have HEALTH, glowing, radiant, robust health in which every fibre and tissue, every organ and nerve, every ligament and blood vessel of your system is thrilling and pulsating with vigor and energy, take good care of yourself.

Do not be bound by sickness; do not be a slave to negative beliefs, when adopting and practicing a few simple, natural laws will enable you to escape from the bondage of disease and give you the freedom of health, your divine right.

The clear eye, the alert and brilliant intellect, the agile and forceful physique are the product of a physical and mental organism cleaned, clarified and purified of all waste matter by the regular and proper functioning of every organ and tissue.

The object of this book is to suggest how you can do this economically and effectively. Shows how you can get into and keep in condition to "express" 100% efficiency.

Bear in mind that the human body, this won-

derful mechanism, this "human engine," this temple of your immortal soul, which was wrought by the Infinite, is capable of great endurance, tremendous possibilities and of accomplishing vast and almost unlimited results.

But it requires care. Do not neglect it.

Give it, at least, as good attention, care and solicitude as you would a fine automobile, a good house, a beautiful horse, or dog, or cat, or other object of your interest and concern.

Remember that in order for YOU to receive the benefit of these suggestions YOU must not only acquire a knowledge of the principles set forth, but make them an indispensable part of your everyday life.

Do them until they are habitual. Then they are easy and pleasant.

Then, and only then, will you derive the profitable results which such persistent, well directed effort will surely bring.

THE CAUSE

THE methods herein set forth are termed A Natural Cure for Constipation because they produce natural results in a natural way.

Constipation is termed A National Malady because it is a disease which is common to a large part of the inhabitants of the civilized world. It is not known that uncivilized mankind is thus afflicted.

Every one is familiar with the law of cause and effect.

To produce the desired results, i. e. effect the cure, we must first determine the cause of the disease and then remove it.

The cure will inevitably follow.

The real cause of constipation is two-fold:

- 1 Errors in diet.
- 2 Neglect of exercise.

Errors in diet are improperly eating unsuitable foods or combination of foods; and improperly eating suitable foods, or both.

Neglect of exercise is too much idleness; lack

of desire and failure to properly exert and actively employ one's physical and mental powers.

Imperfect digestion, inaction of the liver, deficient secretion in the alimentary canal, insufficient contractile muscular movement (passive peristalsis) of the intestines are all traceable to this two-fold cause.

The result is Imperfect Elimination of Waste Products from the system—Constipation.

Constipation produces toxicosis, or a systemic poisoning by the absorbing of poisons from refuse material, the elimination of which has been delayed for any reason.

The "natural" expression of this un-natural condition manifests first in headache, dullness, "muddy complexion," biliousness, irritability, mental indecision, nervousness, lack of energy. Later more serious conditions develop in the form of abscess, catarrh of the bowels, diseases of the liver and kidneys, appendicitis, tumor, cancer, etc., in short—disease.

Disease (dis-ease) is lack of physical ease; failure of one or more of the physical organs to perform their proper function. Figuratively, a lack of harmony in the material constitution.

One or more of the members which constitute the grand ensemble of the physical man is "loafing on the job;" is creating discord; is out of tune.

Disease means filth; the retention in the body and mind of refuse matter that should be eliminated.

This filth is not only physical, but mental as well. And in the last analysis is found to be the real cause of all disease.

Chronic constipation in the human physical and mental system is synonymous with a deranged municipal sewerage system.

It means simply that those organs which in performing their functions eliminate the waste products are for some reason not performing their work thoroughly.

As a deranged city sewerage system, by which refuse materials are not thoroughly removed, causes disease in any community, just so constipation in the human organism, by which filth is diverted from or withheld in the natural channels of elimination and is retained and absorbed in the system, causes disease.

If then we correct this trouble—remove this

real cause—we will obtain the desired results; effect the cure.

If the retention in the human body of that which should be expelled causes disease, the perfect, regular and continuous ejection of this waste matter accomplished in the natural ways will lead to health.

Now for the achievement of this end.

THE TREATMENT

THE essentials to life, health, growth and development along any line are only two in number:

1 Nourishment.

2 Exercise.

Simple, but comprehensive!

This is true whether you are growing brains or brawn; presidents or prize fighters.

Of course the kind of food and exercise required depends upon the desired results.

If you want to develop your muscles, nourish and exercise them.

If you desire to educate your brain, feed and exercise it.

The rule is the same in either case. The application only is different.

The requisites for physical growth are fresh air, pure water, wholesome food, right thoughts, cleanliness, refreshing sleep and healthy exercise.

And for mental development very much the same together with wholesome knowledge (nour-

ishment), use of the mental powers of thinking, memorizing, imagining, feeling, willing (exercise).

All the knowledge we possess, or to which we may attain, is gained through the five physical senses (hearing, seeing, smelling, tasting, touching or feeling). Since this is true, we should realize the importance of so training these sense organs that they are keen, alert and acute. Thus will they convey the images, concepts and impressions from the outside world to our minds so we may correctly and intelligently evolve and build (digest and assimilate) this mental food through the processes of thinking, imagining, feeling and willing (exercise) into ideas, laws and principles. And to so store them as to be available instantly at memory's call.

Nourishment should not only sustain life, but must also promote growth. And it must supply both energy and heat.

The quality is, therefore, important.

FRESH AIR

FRESH AIR. (The word "fresh," as used here, means unimpaired and untainted quality.) This is the most essential element in sustaining life. The oxygen in the air is the most important food to life. In the breathing process the blood is aerated and charged with oxygen. The heart pumps this oxygenated blood to every part of the body. This process of conveying the oxygen through the blood furnishes the means for the oxidation process of burning or consuming food in the body. This is analogous to the burning of coal in a furnace, i.e., by means of the oxygen the process of transforming the latent energy of the foods eaten into potential energy—heat and power—is rendered possible.

We can dispense with exercise for a considerable period of time; we can exist for several weeks without food and for several days without water or sleep. But deprived of pure air for only a few minutes and the spark of life is extinguished.

And did you ever stop to realize that pure

air — “the breath of life” — is absolutely free in unlimited abundance to all?

No need to fear that some avaricious group of trust makers will quietly, or otherwise, corral the earth’s blue envelope in order to exact a toll from those who would use this vital element — pure air.

Breath deeply. Acquire the habit. Inflate and deflate the lungs well at every breath. Do this not only while you perform some special exercise but also while working, resting, sleeping, — in short all the time.

To breathe deeply hold the body erect. Inhale, relaxing the abdomen allowing the lower lobes of the lungs at the sides to fill first. This forces the diaphragm downward and outward and expands the ribs at the sides and back. The upper part of the lungs fills last lifting the chest and completing the inhalation.

Exhalation should be accomplished in reverse order.

Practise deep breathing a few moments immediately after you awaken each morning. If you can do this out on a porch so much the better. If not, before an open window is next best.

Deep breathing increases the circulation;

helps the blood both in conveying nourishment to the body and in bearing waste products to the organs of elimination. It enlarges the amount of carbon dioxide thrown off in the breath.

Deep breathing helps clear thinking.

Exhaling and inhaling to the limit kneads the bowels by forcing the diaphragm downward and upward. This helps to relieve constipation and stimulates every organ of the body.

If you would be healthy do not starve your system of pure air. Your lungs automatically vibrate continuously, whether asleep or awake, in the breathing process of inhaling and exhaling air. Be sure you get your full share of this God given free-for-the-taking indispensable element. Get the habit of appropriating as much as possible. Don't try to substitute a "wish-bone" for your backbone. But sit and stand erect so the lungs can vibrate freely. This will also hold the vital organs up in their proper position for functioning.

Always breathe through the nose. This is important because the nose was made especially for this purpose. Air inhaled through the nose is strained of many impurities by the hairs

which line the nostrils and is tempered by passing through the air passages of the head and throat before it reaches the lungs. Breathing through the nose develops the sense of smell — the ability to detect and recognize gases. Furthermore it encourages and facilitates abdominal breathing and brings into action the lower lobes of the lungs which occupy both sides of the chest. This contributes in a vital manner to the health and activity not only of the respiratory organs, but also those of the abdominal region as well. And indirectly to every other organ of the body, inasmuch as the full, free, thorough ventilation of the lungs by deep breathing aerates, oxygenates, purifies and enriches the blood, the “river of life,” which reaches every part of the body.

Do not dress so your clothing interferes with the free action of the respiratory organs.

See that the rooms you occupy during your sleeping, as well as your waking hours are thoroughly ventilated. If necessary for your comfort add more bed clothing. But throw open the windows and let in the air. Have good, pure, outside air, and plenty of it, whether indoors or out of doors.

And spend as much time as you can in the great-out-of-doors if you would have robust health.

PURE WATER

FOR FOOD AND CLEANSING

CHEMICALLY, water constitutes over sixty per cent. of the weight of the human body. It is a constituent element of all the tissues. It is necessary to the body. It is an important part of our food but does not yield energy because it cannot be burned. Lean meat and fresh fish contain about fifty per cent. of water; milk, oysters, clams and some fresh fruits and vegetables about ninety per cent. Of course some forms of cooking increase and others diminish the amount of water contained in different foods. Drinking water aids intestinal activity.

Much water is needed in the sensible and insensible perspiration which is constantly going on through the skin with its millions of pores.

A daily internal morning bath is as beneficial and necessary as the daily external morning bath. Two or three glasses of warm (of about 110° Fahrenheit temperature) or cool (of about 70° Fahrenheit temperature) pure water sipped

or drank slowly not less than one half hour before breakfast flushes out the stomach, kidneys and bladder, and aids in the essential process of eliminating impurities from the system.

Light complexioned people usually like cool drinks and foods best, while persons with dark hair and skin prefer warm drinks and foods.

Extremes of either hot or cold drinks or foods are undesirable, especially when taken into the system rapidly. Neither can be appropriated until the temperature has been reduced or raised to the normal body temperature (98.5° Fahrenheit). Furthermore extremes in temperature cannot be fully appreciated by the sense of taste and should therefore be avoided.

The average adult person should consume eight to ten glasses (about two quarts) of pure water each day. It is usually better to drink small quantities frequently rather than large quantities at longer intervals.

The daily external morning bath was mentioned.

This is a wonderful aid to the proper functioning of every organ of the body especially the organs of elimination.

After your exercise take a warm bath (of about

100° Fahrenheit temperature) followed immediately by a cold spray or shower (of about 60° Fahrenheit temperature), then a brisk rub with a coarse towel until every pore of the skin is cleansed and active and of a crimson glow.

To experience the radiant, exhilarating, buoyant feeling developed by this process is worth many times the time and effort for its accomplishment. In order to derive the greatest benefit and pleasure from the daily bath, a good soap and flesh brush are almost indispensable.

Regulate the temperature of your bath to suit your particular temperament. Do not be governed too much by the experience of the "other fellow" in such matters. Climbing into a tub of cold water may agree admirably with many constitutions. It is true, however, that many people have seriously impaired their health, by bathing in too cold water, who would have been greatly benefited by bathing in water of the right temperature for their individual needs.

Some big, husky chap with a wealth of energy and vitality may emerge "with colors flying" and enjoy a splendid reaction from a bath of 40 to 50 degrees Fahrenheit. Whereas if you persisted in treating your physical organization to

baths of such temperatures you might soon oblige some friend to compose your obituary notice.

If you experience a feeling of healthy exhilaration with no sensation of depression or fatigue after a cold bath, probably cold baths are best for you. But, here again, the individual coloring will help you decide. If you are of the pronounced blonde type, with good vitality and a florid complexion, you will like the temperature of air or water cooler than your darker colored—brunette type—brothers and sisters.

Warm water and a good soap are the best for cleansing. Cold water for stimulating. Do not have your warm bath too hot or remain in it too long. Do not omit the cold shower or spray after the warm bath else you will most likely take cold and furthermore you will miss the energizing and stimulating effect.

Often it is better to remain standing—keep the feet—in the warm water while applying the cold. Then dash cold water on the feet last.

The benefit derived by the brisk rubbing after bathing is threefold: of equalizing the circulation of the blood, i.e., securing an even distribution throughout the entire system; of energizing

the pores of the skin; and the exercise gained by the exertion required in this "polishing off" process greatly aids in producing the radiant glow of reaction.

Do not deny yourself the profit to be gained from the daily bath on the plea that "you have not the time." Go to bed fifteen minutes earlier at night and arise fifteen minutes earlier in the morning. And have time! Just do it. Form the habit. Then it's easy.

Keeping your system flushed out and cleansed by the plentiful use of good water both inside and outside, will contribute much to your physical ease and comfort.

The results thus gained are worth the effort.

EXERCISE

THE value of Exercise has been often demonstrated by many people, who "do not have time for physical activity," having to take time off for sickness. The importance of physical exercise has been recognized for ages. Science teaches that exercise in some form is necessary for every one. Why? Because it is essential to preserve the functions of the human organization in normal condition; it is necessary in the development of the body and brain; by exercise the system is aided in digesting and assimilating the nourishment from the food we eat; the whole organism is helped to eliminate waste products and the blood is assisted in conveying nutritious elements to all parts of the body.

Lack of exercise means an unequal and inefficient distribution of this nourishment. This condition invites disease and causes structural change or atrophy.

Exercise a given muscle or part of the body and the blood is attracted to that part. Walk or run and the blood flows to the legs and feet;

swing the arms, or "punch the bag" and active, healthy circulation is established in the muscles and organs thus brought into action; think and the blood rushes to the brain. Exercising the whole body helps to equalize the circulation. This is primary.

Regular, systematic, daily physical and mental exercises are important both in the preservation of health and in the cure of disease.

The modern mode of living; the stress and strain of the twentieth century; the present industrial and social conditions have all helped to make the practice of physical exercise absolutely necessary.

This subject is of serious importance and of national scope.

From the standpoint of these suggestions the end sought, "the object all sublime" to be attained is HEALTH.

Health is the first requisite to success.

Though one possess many talents, fine sensibilities and a strong will, these avail little without health.

Do not aspire to feats requiring great strength but rather to a normal healthy, physical and mental development. Persistently following a

few common sense rules daily in breathing, thinking, drinking, eating and exercising will produce wonderful results for health.

To survive and attain you must be fit. To be fit your mode of living must constantly renew your physical and mental strength, vitality and knowledge.

This is an age for the broad conception of life and its possibilities. You must not only be in condition to enter the race, but you must keep pace and stay in and with the leaders—be a leader—if you would arrive—achieve.

Efficiency, endurance, the capacity and power to work steadily, daily, effectively, is possible only when you are in “fighting trim”; when your system is kept clear of surplus food and refuse material. Then the “draft” of ambition can kindle the “fire” of enthusiasm and nothing on earth can prevent your progress. Thus equipped you cannot “corrode” from inaction or become inert. In time your physical nature may wear “dull,” but work under right living and thinking will increase the lustre of your mind.

You can reach any rung of the success ladder if you are willing to pay the price in ambition,

application, disappointments, courage, knocks, concentration, cheers, jeers, discipline, perseverance.

These spell hard work. But that is the "royal road" and there is no other way. Develop the ability to do, at least, something worth while a little better, quicker, and more of it than others can do.

Health is the only real protection from the encroachment of disease. Strong vitality, abundant energy, vigor—in short, robust health in which every organ is pulsating with vigor—renders one immune from disease in any form. Such a condition is vastly superior to numberless varieties of inoculations and immeasurably more comfortable and pleasing.

The tissues comprising the heart, lungs, stomach, liver and bowels are largely dependent for healthy action on bodily exercise. It is, therefore, more important to enable these organs to functionate properly than for the purpose of muscular development.

Exercise aids in developing a good physique; gives suppleness of body, ease and grace of carriage; promotes growth in all parts of the body and transforms weakness into endurance.

The physically magnificent specimens of humanity who comprised the contestants in Grecian and Roman gladiatorial combats were the results of systematic exercise.

Your daily occupation may call into action certain muscles. But every muscle needs exercise. Therefore, if your daily duties do not oblige you to exercise all of your muscles systematically, set apart a few minutes every day, select the kind of exercises you need and regularly perform them.

Volitional activity either in the form of productive work or of exercise planned to supply a like purpose in an artificial manner is indispensable.

Massage, the movement of limbs and muscles by another, Turkish baths, electrical treatments, etc., may partially replace exercise, but there is no real substitute for individual voluntary physical action.

The ideal exercise is playing a physical game regularly out of doors in the daytime because the outdoor air is purest and the sunlight is of itself highly beneficial.

The ideal game should bring into action every muscle, every fibre, every tissue, every nerve

and the brain. All of the physical and mental powers should be actively engaged.

The added value of taking physical exercise in the form of a game is because the mind is then also employed. One cannot really play the game and keep his mind on business. One must devote his mental as well as his physical powers to the sport. This serves as a mental relaxation from routine work; relieves the monotonous strain of the "daily grind" and recuperates the mind as well as the body.

Such physical training stimulates all the functions of the body; renovates, and recreates, restores and refreshes the whole man.

Of course there are many reasons why many persons cannot take this ideal form of exercise.

The next best is a game out of doors at night. Next best is a game indoor in the daytime and next in order is a game indoors at night. And most of us have to confine the greater part of our physical exercise to this last named time.

If regular physical games are impossible, then regular systematic exercise should be taken.

You know indoor exercises are of paramount importance in training and developing the athlete. To excel in field sports is rarely possible

unless systematic exercise indoors constitutes part of the training.

Games and sports help to make it interesting, entertaining and beneficial both indoors and outdoors. A companion in the sport aids in giving zest and interest.

Games requiring the feature of personal contact are especially beneficial because this trains and develops self control, self reliance, dignity, courage, forbearance. And these are as important in the all round development sought as are good digestion, active circulation and well formed muscles.

Performing exercises in a half-hearted, perfunctory way, as you would a disagreeable task you would like to escape, will not yield you great profit. When you exercise, imagine you are a child at play. If your stock in hand of youthful exuberance is low, generate a generous supply at once and enter into the game with your whole heart. Put enthusiasm into your play and ginger into your actions. Thus you will reap a rich reward.

Do not exercise to the point of exhaustion. Stop and rest a few moments at the first slight sense of fatigue. If you are exercising too much

or too vigorously, reduce the amount and take a milder form.

Do not exercise just before or immediately after eating. Also, allow a little time after exercising before going to bed for the incident excitement to subside.

Do not start or stop vigorous exercises suddenly. Work up to and leave off gradually.

Take a few minutes for rest and relaxation after each period of exercise — at frequent intervals. This enables the tissues which are destroyed during action to be restored.

Too much exercise is harmful, as is also too much food, drink, sleep, recreation, etc. Be temperate in all things.

Finish fresh with your bath.

Be sure the room in which you exercise is well ventilated.

Two essential factors are system and regularity. These add greatly to the value of exercise in any form. The human organism responds readily to systematic and regular treatment to a remarkable degree. A little regular work at the same time daily is better than a large amount once or twice a week — or irregularly at longer intervals.

Choose those exercises which will bring into action every part of the body and strive for a good "all round" development.

It is not necessary to set apart a great deal of time for this purpose. Fifteen minutes devoted to the right kind of physical exertion, both in the morning soon after arising and at night before retiring, will suffice together with some form of outdoor exercise during the course of the day or evening.

Walking is fine exercise. Never ride if you have time to walk. With a little planning you can doubtless get a good amount of healthy exercise, both breathing and muscular, out of doors in walking to and from your business. An object or incentive is also thus provided for walking. This adds to the value of every exercise.

As you walk hold the head up and the body erect, shoulders back, chest up, backbone straight. Count eight or ten steps as you inhale and same as you exhale. Occasionally hold the lungs full while you count three to five steps at the same time contract the abdominal muscles and hold them taut while you exhale. This is fine exercise when walking, standing or sitting.

It is great for the lungs, stomach, diaphragm, intestines. And of great assistance in curing constipation.

Remember to practice deep breathing with all exercises. And all the time.

If some part of the body is particularly weak from the result of disease or accident you may need to take certain exercises for a time, at least, under the direction of some expert physical instructor in order to secure the best results. But if simply the maintenance of general health, the development of unused muscles and the invigoration of the whole physical body is desired, then no instructor is necessary.

Exercises which do not require apparatus are usually preferable; by this is meant those in which one muscle or set of muscles is directed into opposition with other muscles.

Polo (on horseback) is generally conceded to be the best game. Why? Because in this game every part of the body is brought into action. The mind is also fully occupied both in following the game and in directing the horse.

Sparring is considered the next best game. Ease and grace of movement, agility, quickness, etc., are developed by this sport. In this also

practically every part of the physical system is actively engaged. The mind is vigorously employed as well as the body because when sparing one cannot give much thought to business or "day dreaming." A punch on the nose will bring back wandering thoughts like a flash and focus the mental powers on the game in hand.

Games and sports which furnish exercise in other forms are as follows:

Football	Running
Lacrosse	Shot putting
Lawn tennis	Hammer throwing
Baseball	Wrestling
Golf	Hand ball
Skating	Medicine ball
Rowing	Basket ball
Walking	Fencing
Horseback riding	Single stick
Swimming	Chest weights
Bicycling	Dumb bells
Walking	Indian clubs
Skiing	Hockey

Kicking exercise is good for the brain and nerves, liver and circulation.

The following exercises are especially recommended to promote health and assist in the elimination of physical waste products.

No. 1 Stand erect, feet together, arms at side. Bring the hands with backs together (elbows straight) over the head, at the same time bend the head forward as far as possible. Return arms to side at same time bend the head backward. Repeat ten to fifteen times. (Good for nervous system, lungs, and shoulder muscles.)

No. 2 Same position except arms extended in front, palms together, head bent backward. Swing arms backward and at the same time bend head forward. Repeat ten to twenty times. (For stomach, back, abdomen.)

No. 3 Stand erect, feet little way apart, arms extended out from shoulder at sides at right angles to body and level with shoulders, palms forward. Swing body around first to left then to right as far as possible, i.e., let it rotate above hips but keep feet firmly on floor without moving them. (Exercises spine, stomach, liver, abdomen.)

No. 4 Stand erect, feet apart, clasp hands over head, arms straight. Bend forward knees straight, and throw hands and arms backward between legs and on rising lean to right and a

little forward far as possible. Repeat except this time lean to left and forward. Continue for ten to fifteen times alternately right and left. (For the abdomen, back and digestion.)

No. 5 Lie on back, arms extended straight out at sides; inhale then contract muscles of abdomen and legs and lift the legs (knees straight) to right angle to body and at same time contract muscles of arms and bring hands to chest. Return to first position. Repeat ten to fifteen times.

No. 6 Lie on back same as in No. 5 but in lifting the legs bend at the knees and strike chest lightly with knees. Return to first position and repeat ten to fifteen times, at same time exercise arms as in No. 5.

No. 7 Lie on back same as in No. 5 and perform the act of running with the legs, bringing the knees close to chest and extending well out alternately, i.e., get good free action with the legs.

No. 8 Lie on back same as in No. 5 except extend arms straight backward over the head

and in lifting legs carry them way over—knees straight—and touch the hands with the toes.

No. 9 Lie on back as in No. 5 fold arms across chest, inflate lungs full then contract abdominal muscles and rise to sitting position, then exhale. Repeat five to ten times.

No. 10 Assume sitting position, legs straight out in front and together, arms extended over the head and thumbs clasped palms forward. Inhale, then contract abdominal muscles and bend far forward touching toes with hands. Return to sitting position, then exhale. Repeat ten to fifteen times.

Exercises Nos. 5 to 10 are particularly efficient and aid in an important way in the cure of constipation by exercising, massaging, and energizing the muscles and organs of the abdomen.

No. 11 Stand erect, inhale—holding the breath—then lean forward clasp hands under right leg just above knee, then contract muscles of arms, chest and abdomen and lift right leg up (while bearing weight of body on left leg) until body is erect shoulders back. Then exhale

and relax. Repeat five to ten times, lifting alternately the right and left legs.

Offer as much resistance with the legs in lifting as will make you exert yourself but do not make the exercise sufficiently strenuous to cause strain or exhaustion. (Fine for the arms, back, stomach, abdomen.)

No. 12 Place the left hand back of neck and with the right hand press firmly and rub upward slowly on the ribs on left side, exerting slight upward pressure on each rib with the ends of fingers, at the same time breathe deeply and lean sideways toward the right. Practice this exercise a few minutes then reverse, i.e., place right hand on back of neck and with left hand press firmly and rub upward slowly on ribs with palm and ends of fingers on right side, leaning toward the left. This process of gently and firmly "separating" the ribs helps relax and relieve congestion and tension along the spine, and helps to tone up the entire nervous system. (This exercise is also good for the back, lungs and stomach.)

No. 13 Stand erect, inhale and with the right foot forward, clinch fists and strike out alter-

nately with right and left arms at an imaginary foe. Try to develop a "long reach," and bend the body a little forward, backward, to right side and left side in turn. Alternate with left foot forward. (Fine vigorous exercise for arms, lungs, stomach, abdomen.)

No. 14 Lie on back, bend legs—knees upward—feet on floor. Place left hand under back of neck and with right hand reach over toward left side and press between ribs and hip, drawing hand and pressing toward centre of abdomen (toward the right); at the same time allow both knees to fall toward left side. Repeat five to ten times. Then reverse (by placing right hand under back of neck and with left hand relax and exercise the abdominal area by exerting pressure while drawing the left hand from right side toward centre of body (to the left) and allowing the knees to fall toward right side. Excellent for stimulating intestinal activity.

No. 15 Stand erect, right foot forward. Lean forward toward right, hands extended, palms downward. When hands nearly touch floor, close and raise body upright and lean backward

toward left, bringing hands to chest. Exhale in leaning forward and inhale in leaning backward. Repeat 10 times. Then alternate 10 times with left foot forward. Result is exercise similar to rowing. (Good for arms, lungs, back, abdomen.)

FOOD

CHEMICALLY the healthy human body is composed of sixteen different elements, viz., carbon, hydrogen, nitrogen, oxygen, sulphur, phosphorus, chlorine, fluorine, silicon, sodium, potassium, lithium, calcium, magnesium, iron and manganese.

The chemical compounds as expressed in the individuals comprising the races of the world, however, are infinite.

We are all made of the "same dust." Yet there are no two persons exactly alike. The difference is in the proportion of the elements which constitute each individual temperament.

No matter how much you may look like some one, or act like another; no matter how near you are in the affection or abomination of some one, you think you know; you are, even in the embrace of the closest relationship, a separate, distinct, unique entity, and as far apart from your nearest kin, so far as your innermost life is concerned, as though you were living the life of a hermit on an uninhabited island. And every one else bears the same position to every one else.

No two individuals are alike. Your nearest and dearest companion is in reality a long way off.

In order for you to know the thoughts, the feelings, the mind, the soul of another, you have to be told, and then you will know only in part. You *know* yourself. You guess about every one else.

The science of dietetics now makes it unnecessary to leave to mere guesswork the matter of deciding how much and what kind of foods are best adapted for a given physical condition, or temperament, or to accomplish certain results.

The properties and values of foods have been determined by careful laboratory research and clinical observation so that an intelligent selection adapted for almost every need is entirely possible and practicable.

The scientific agriculturist, horticulturist or florist does not select a tract of land and its environment for growing his product in any haphazard manner. He knows the kind of soil, water and climate which are best adapted to produce the results he desires and from careful analysis chooses the location which will give him the best returns for his investment.

It pays in health-dividends to use the same care in feeding the human engine.

Health is the first requisite for success.

You cannot attain and maintain a large measure of success without health, because health is the foundation of the whole success structure.

The knowledge possessed by the average cook regarding the scientific preparation and combination of foods is about as vague as his or her information concerning the Neolithic age or the Arabians' study of celestial phenomena. The consequence is that the modern bill of fare often furnishes better nourishment for the development of disease than health.

Foods are organic substances. And when digested, assimilated and appropriated — burned — in the body produce heat and other forms of energy. This is measured in units called calories.

A calorie (the French heat unit) is the amount of heat required to raise the temperature of one kilogram of water 1° Centigrade or practically one pound of water 1° Fahrenheit. Measured in mechanical power one heat unit equals sufficient energy to lift one ton about $1\text{-}\frac{1}{2}$ feet or 778 foot pounds. Roughly one calorie equals nearly

four British Thermal units. There are about 11,500 British Thermal units in each pound of pure carbon, or about 11,320,000 foot pounds of energy in each pound of coal. Expressed differently, there is enough energy in a pound of good quality coal to raise a loaded train of 50 cars a foot above the rails.

The number of calories contained in a given article of food represents its food or fuel value.

Man is an omnivorous animal and requires as his natural foods to promote health those which supply proteids, fats, carbo-hydrates, phosphates starch, sugar, salt and water. Combinations of foods yielding these nitrogenous, fat and carbo-hydrate elements in the proper proportions will give you a "balanced ration." This enables the system to secure the greatest food value and generate the largest amount of energy.

Three of the most essential elements of food are:

Proteids

Fats

Carbohydrates.

PROTEIDS

Proteids are the albuminous—nitrogenous—

elements in food. These are the principal builders of bones, muscles, tendons, skin and other tissues and the blood corpuscles.

They also yield heat from oxidation in the body—can be consumed in the body in place of fats and carbohydrates. But the latter can be successfully substituted for the albuminoids in the processes of building and repairing.

Proteids form about 18 per cent. of the human body weight.

One pound of Protein yields about 1,800 calories of energy.

Foods most rich in Protein are the lean of meats, white of eggs and gluten of wheat.

The body needs from 200 to 300 units per day.

FATS

Fats supply fuel in the most concentrated form and help sustain motive energy.

The most fat present in food, the less the proportion of protein.

Fats are supplied chiefly by animal foods as meats, fish and milk. Also vegetables products as olives, corn, cotton seed, oatmeal, maize and nuts.

These food elements are laxative. And are

more easily assimilated when taken in an emulsified form as milk and uncooked nuts. As a general rule fats are more difficult of digestion than the other elements.

Clear fats in the form of tallow, oil, suet, lard, etc., are insoluble and difficult to digest. They float around on the surface like lily pads in a frog pond.

The amount of food fats eaten does not determine in every case whether a person is fat or lean or whether they will develop those proportions. The tendency to "fatness" or "leaness" is often a constitutional peculiarity which is little understood.

The quantity of food fats as well as the amount of other food elements and exercise one takes are important factors on how much surplus heat and energy are stored in the body in the form of fat.

Fats form about 15 per cent. of the body weight.

One pound furnishes about 4,000 calories.

From 400 to 700 units per day are required.

CARBOHYDRATES

Carbohydrates comprise the sugar, starch,

cellulose, gum and fibre elements. These with fats furnish the main supply of fuel.

The most important nutrients of fresh vegetables and fruits, also sugar, molasses and honey are carbohydrates. These constitute about 75 per cent. of the nutrients of cereals.

Carbohydrates form less than 1 per cent. of the body weight. They are more easily digested than fats or proteids.

One pound yields about 1,800 calories.

From 1,200 to 2,100 units per day are required. These amounts represent the requirements of the average adult. Of course persons who are above the average size need proportionately more and those who are undersize need relatively less.

An adult at hard physical work may expend 3,000 calories per day. Foods to supply this value might comprise approximately 300 units of proteids, 2,100 of carbohydrates and 600 of fats.

The principal cause of decomposition of the elements of fat and starch is work.

Modern authorities have established standards of the amount of foods required for the maintenance of health and vigor for the average per-

son which are not more than one-half those formerly considered necessary.

Since the amount of food required depends largely upon the area of skin surface rather than the weight of the individual you can easily realize that a child requires more food proportionately than an adult. This is because more food is needed to supply and maintain the warmth of the body — animal heat — than for nourishment. Therefore the larger the skin area the greater the amount of heat which is lost by radiation, conduction and evaporation from the body.

An infant weighing ten pounds has about three square feet of skin surface. A man weighing two hundred pounds has about twenty-two square feet. In this case the babe will require about one-seventh as much food as the man although the latter weighs twenty times more.

Furthermore the amount and kind of food required varies with the climate, season and with the occupation.

Persons need the largest food supply who do strenuous physical labor in a low temperature. They should select a different diet from that of the intellectual worker. The mental worker

can thrive on three-fourths as much food as the laborer who does hard muscular work.

The foods one eats should be those which will furnish the elements required in performing the kind of work one does.

If you are of slender figure but have strong digestive organs you may readily assimilate a larger proportion of fats and carbohydrates to advantage than your rotund companion.

If you are pale from deficient blood or of red corpuscles in the blood you will doubtless profit by eating more of foods rich in proteids.

Children demand tissue-building material — proteids — to promote growth in addition to that needed to repair and replace the tissues consumed by constant action. About one-third of the diet of a normal child should consist of proteids — tissue building food.

Professor Chittenden, of Yale University, Gautier, Rubner and other eminent authorities on dietetics have established standards and factors for calculating the weight, skin surface, the kinds of foods and the number of calories of each required for different persons under various conditions.

For example, the normal weight of any adult

may be determined by subtracting 42 from the height in inches and multiplying the remainder by $5\frac{1}{2}$; the product will indicate the weight in pounds.

Multiply the weight in pounds by 4.25 and the skin area by 80. The sum of these two products indicates the number of calories a person requires to replace the loss of energy expended in work and the radiation and evaporation from the skin surfaces.

Since an individual engaged in severe muscular work requires a larger quantity of food than is required by one doing principally mental work, multiply by the factor 7 instead of 4.25 for such cases. This increased quantity should consist largely of fats and carbohydrates.

The principal value of proteids is for tissue-building and not for generating heat. Therefore the amount required varies with the body weight. This has been demonstrated to be about .035 oz. per 2.2 pounds, which equals 1.5 calories of proteids per pound of body weight per day. To ascertain the number of calories of proteids required simply multiply the person's weight by 1.5. Your estimate should not be based on the actual weight of a person who is

too thin or too corpulent. But upon the correct average weight of a subject of the same height with proper allowance for difference in physique.

You can calculate the quantity of fats required by subtracting the amount of proteids from the total number of calories and dividing the difference by 4.

The amount of carbohydrates will of course be the remainder after deducting the sum of the proteids and fats from the total number of calories required.

Generally speaking the proportion of each of these elements will be found to be about one of proteids, two of fats and six to seven of carbohydrates.

From all this we see there are many causes, viz., age, weight, occupation, climate, tendency to free perspiration, condition of health, physique, etc., which affect the daily ration. Moreover, no two persons are exactly the same.

For these reasons also the quantities mentioned in the following tables do not absolutely determine the exact proportion of each food which will best supply the needs of a given individual. But you will doubtless find these tables indicate the kind and amount which closely

approximate those required for the average physiological constitution.

Eat what the appetite craves.

To arbitrarily prescribe a diet for any one, without considering the normal cravings and instincts, is unwise. These will be found reliable guides in your experiments and experience to determine what will best help you to attain and preserve robust health.

That is the end sought.

All foods do not agree with all people. No one can eat anything and everything in the line of foods with equally satisfactory results. Do not therefore decide that just because your relatives or friends eat certain foods with ultimate pleasure and profit that you should or can do likewise. Probably you can enjoy certain articles of food which they cannot.

Remember we each represent a different "chemical compound."

In the course of digestion by which food is made available for incorporating into the body it undergoes wonderful chemical changes during which other "chemical compounds" may be formed which are highly injurious and unpleasant.

Therefore if from experience you find that

certain foods, however wholesome and digestible to some people, or in themselves, create disturbances in your particular case, in other words do not agree with you, it is best to avoid the harmful effects of eating them.

Thus care should be exercised not only in the selection of foods which will furnish the essential elements in the best form for assimilation, but also in the combinations in which they are eaten, to obtain the best results.

For instance milk and meat are not a good combination (for adults) because milk contains the four classes of nutrients, viz., protein, fat, carbohydrates and mineral matter in proportions which render it suitable for a complete food. The chief nutrients in meat are protein and fat. Both milk and meat taken at the same meal furnish more nutrition of the same kind than the system needs or can readily assimilate, except for growing children, who require a larger percentage of proteids than adults.

While both fruit and milk are essential and desirable as foods they are not a good combination for the same meal because the fruit acids, change the milk properties by causing too rapid precipitation of certain of its elements, thus

retarding and making digestion difficult. Therefore, if you eat fruit at breakfast better omit milk. Fruit and grains are a good combination; also grains and milk, and grains and meat. But not milk and fruit, or milk and meat. Often the best results are obtained by eating fruit about two and one half or three hours after a regular meal.

Comparatively a quart of milk contains about the same amount of nutritive material as three quarters of a pound of beef or six ounces of bread. Although the total nutrients supplied by these quantities of milk, meat and bread are practically the same, their nutritive values are not the same. For this reason milk and bread eaten alone make a better balanced food than meat alone.

Bear in mind that the best foods or combinations of foods for the promotion of health are those which can be readily assimilated and yet yield the greatest nutrition.

Some persons prefer to eat only twice a day, others one to six times. Most people, however thrive best on three meals daily. Whichever number of meals are eaten the important point is

to eat the same number of times and at the same hours every day.

Regularity in eating, drinking, exercising, recreating, bathing and sleeping is an important detail. The human organism responds to regularity—habits. This is an essential feature in developing endurance.

Light breakfast, moderate lunch and heartiest evening meal has proved a good plan with many persons.

Simple, well cooked fresh meats, fruits and vegetables are best. Avoid highly seasoned foods, and sauces, pickles, preserved meats and too many crackers.

Of course I know many people eat “not good” combinations of foods every day and live. Possibly, because of strong digestive powers, the ill effects therefrom are scarcely noticeable for some years. But, by properly eating the right amount of the best combinations of foods they would so conserve their energy and powers as to carry them along in good health and vigor for many years beyond the threescore and ten period. Inasmuch as we tread this mortal sphere but once, we cannot live a certain way, say, fifty years, then, noting our condition and

deciding wherein we have erred, and what could be improved, start another period of fifty years under a *régime* proved in the crucible of experience.

It is advisable therefore, for each one to take advantage of the experiences of "the other fellow" and of the best information obtainable and thus make the most of the one earthly career we have. And remember that Nature's Laws are immutable; that while we may apparently for a time transgress and escape; and the day of reckoning may be deferred, yet just so sure as we violate those Laws, just so sure we must pay the penalty. Sooner or later Nature will exact the toll in full.

This table shows the approximate number of calories or food units required daily for persons of the heights, weights and surface areas indicated.

Height in Inches	Weight in Lbs.	Surface in Sq. Ft.	Calories or Food Units			Total
			Proteids	Fats	Carbohydrates	
40	39	7	71	164	491	726
41	40	7.5	72	175	523	770
42	41	8	74	185	556	815
43	42	8.2	76	190	569	835
44	44	8.3	80	193	578	851
45	47	8.5	83	200	597	880

Height in Inches	Weight in Lbs.	Surface in Sq. Ft.	Calories or Food Units			Total
			Proteids	Fats	Carbohydrates	
46	49	8.8	85	207	621	913
47	52	9.2	89	217	651	957
48	53	9.4	91	222	664	977
49	57	9.6	98	228	685	1,011
50	59	9.8	100	234	701	1,035
51	62	10.3	102	247	739	1,088
52	65	10.5	107	253	757	1,117
53	68	10.8	112	260	781	1,153
54	70	11.2	116	270	808	1,194
55	76	11.6	120	283	848	1,251
56	78	11.8	123	288	865	1,276
57	85	12.2	133	301	904	1,338
58	87	12.6	137	311	932	1,380
59	88	12.9	139	317	950	1,406
60	95	13.3	143	331	994	1,468
61	99	14	149	348	1,044	1,541
62	106	15	159	373	1,119	1,651
63	112	15.4	168	385	1,155	1,708
64	118	15.9	177	400	1,197	1,774
65	124	16.3	186	411	1,234	1,831
66	129	16.8	194	425	1,274	1,893
67	134	17	201	432	1,297	1,930
68	140	17.6	210	448	1,345	2,003
69	146	18	220	460	1,381	2,061
70	152	18.4	228	473	1,417	2,118
71	157	18.8	236	484	1,452	2,172
72	164	19.2	246	497	1,490	2,233

So far as a normal digestion is concerned, it does not make much difference what the nature of the food is which is eaten provided it is properly prepared, thoroughly masticated, what the appetite craves and the taste relishes. But the matter of supplying the body with the proper nourishment to meet the demands of a given occupation or condition depends in a vital way upon the kind of food taken.

Records of Analyses to determine the values of different foods may be found dating back to 1795. These comprise the information collated by Pearson, Einhoff, Peligot, Boussingault, Le Bel, Leibig, Playfair, Boeckman, Shepherd, Salisbury, Emmons, Jackson, Professor Stover, Dr. W. O. Atwater, Dr. A. P. Bryant and other European and American scientists who have made exhaustive and careful analyses of many specimens of animal and vegetable foods ordinarily used to support human life.

Chemically the elements of which proper foods for the human body consist are practically the same as those of which the human body is composed.

The specific value of food is to build and re-

pair bodily tissue and supply power of action, heat and other forms of energy.

Every thought, every emotion, every muscular movement, every heart throb consumes energy which must be adequately replenished by food.

The process by which food is converted into blood, brain, nerves, bones, tendons, and all the organic tissues of the human engine is wonderful. Likewise also is the intricate system by which the refuse is disposed of through the lungs in breathing, through the pores of the skin and by other excretory products of the kidneys and intestines.

Food contains potential energy which is latent until transformed by the chemical processes of digestion, assimilation and absorption into power and heat. It furnishes material to build and repair also muscular power and body warmth.

The human engine is vastly superior to the finest example of machine design and construction because it automatically performs the functions of building, repairing and regulating itself.

Consider the one feature of body temperature control. The body is a complete heating system with automatic "thermostatic" regu-

lation. The quantity and kind of food eaten, the amount and nature of work performed, the temperature, altitude and condition of the climatic environment, all have an influence upon the body warmth, yet the human engine is such a perfect mechanism and the loss of heat by radiation in proportion to the amount produced is so finely adjusted that the temperature of the body is maintained at a practically uniform degree.

The amount of energy generated in the processes of consuming food by digestion and elimination is enormous.

This is forcibly realized when you consider that the part of the alimentary tract comprising the stomach, the small intestine and the large intestine presents about 2,000 square inches of working surface which is utilized in these processes.

Much of this energy is expended in the rapid restoration of the surface tissues, membranes and glands, which are destroyed by the digestive secretions. But for this constant renewing of these protecting surfaces the digestive organs themselves would be "digested."

Add to this consumption of energy the force

expended in mastication, the formation of saliva, the muscular movement of the stomach, the production of the digestive secretions, the peristaltic action of the intestines and you will get an idea of the vast amount of energy required for this process of extracting and appropriating nourishment.

Think how one's supply of energy is drawn upon in caring for the burden of surplus food from overeating; and also by imposing upon the digestive organs foods not properly prepared and masticated before being swallowed.

Generally speaking people eat too much. Eating more than will furnish the required nourishment is adding unnecessarily to the amount of waste matter to be eliminated.

A little thought and study devoted to selecting one's foods for the individual needs is time well spent. The individual's needs depend upon the kind of work he performs.

The right amount of the right kind of foods correctly eaten supplies the greatest energy with the least expenditure of effort. This is true economy not only considering the saving in the cost of foods consumed by overeating, but the greatest saving is effected by having a

wealth of energy to devote to climbing the ladder of success which might otherwise be wasted in performing the rôle of a slave to the "living to eat" idea.

In satisfying the demands and cravings of the body as expressed in the "appetite" it is well to bear in mind that life is sustained by what we digest, and not merely by what we eat.

The voluntary processes of eating, drinking and exercising must be performed correctly else the involuntary processes of digestion, circulation and elimination cannot be completely and perfectly accomplished.

The digestive process begins in the mouth, is continued in the stomach, but the greater part is accomplished in the intestines. For these reasons it is important to prepare all food by thorough mastication before swallowing. Completely chewing the food is not only essential in reducing the nutritious elements to the proper consistency for introducing into the stomach, but is also necessary to enable you to get the taste clearly and definitely. This causes simultaneously to be secreted in the organs of assimilation suitable digestive fluids for properly converting

the nutriment in the food into an integral part of the human organism.

By enabling the sense of taste to appreciate the flavor in the process of thoroughly chewing the food, the salivary glands are stimulated into action. These comprise the parotid, submaxillary, sublingual and several smaller glands in the mouth.

The saliva thus mixed and swallowed with the food aids the gastric juice of the stomach and this latter organ in accomplishing its work.

Saliva is a slightly viscid and slightly alkaline fluid derived from the blood. Its important components are ptyalin, serum and albumen. After the food leaves the stomach it is acted upon by the pancreatic juice of the intestines. The chemical changes which food undergoes to render it assimilable are produced by ferments secreted by the digestive organs. The peristaltic or muscular action of the stomach and intestines mix these ferments and the digestive juices with the food.

The nutrients extracted from the digested food finally reach the blood and lymph after passing through the walls of the alimentary canal.

Through power furnished by the heart action the blood conveys nutriment from the food and oxygen from the lungs to every part of the physical system. Each organ and tissue possesses the characteristic of being able to select from this supply of nourishment that which is required to repair waste and promote growth in its particular structure.

Mental and physical activity consume parts of the body tissue as well as food materials.

Food is therefore required not only to supply energy and nourishment but must also furnish substance to replace those structural elements which are absorbed and destroyed in the process of maintaining healthy living organism.

The blood not only carries nourishment to all parts of the body but it is also the vehicle by which the waste materials produced by the functioning of the various organs are borne back to the alimentary canal.

These waste products together with any food which has escaped digestion and all other refuse must be expelled from the body if health is to be gained and maintained.

The lungs excrete carbon and oxygen in the form of carbon dioxide, also oxygen and hydro-

gen in the form of vapor in the breath; more oxygen and hydrogen unite forming water which escapes through the pores of the skin in perspiration and through the kidneys in urine. Most of the mineral waste materials are ejected through the intestines.

The burning of food in the body through the digestive process to produce heat and energy is analogous to the burning of fuel in a boiler for the same purpose.

As a result of both processes there is a certain amount of refuse produced which must be cast out, or the engine—be it human or steel—"will not go."

A certain amount of refuse is essential to the proper functioning of the organs of elimination.

Some foods are as much or more valuable for the amount of refuse material they furnish as for the amount of nourishment they supply.

Wheat bran is such a food.

It not only provides mineral phosphates which are indispensable to the body but affords also a residue which stimulates intestinal activity.

Bran is laxative. And almost invaluable in the cure of constipation.

Foods which are almost wholly digested by the system, i. e., which leave practically no residue, have a tendency to constipate. For instance, rice, oatmeal, white flour bread and rolls, potatoes, cornstarch, etc. are constipating.

To counteract this natural proclivity other foods which have a laxative tendency and which furnish a certain amount of refuse material should also be eaten. This will help to rouse and quicken the organs of elimination into healthy action.

Fresh vegetables and fruits, especially grapes, (including the seeds) are very beneficial in the diet for relieving constipation and should be eaten "early and often." Also oranges, lemons, apples, peaches, pears, plums, etc. Dates and figs are distinctly laxative. The value of vegetables is emphasized because they are not food in concentrated form. The residue left stimulates intestinal activity. But of course "out of season" fresh fruits and vegetables are high in price and almost a luxury.

The bran of wheat, however, is always available in all seasons of the year. And at a price within the reach of all.

The following receipts will be found most ex-





BRAN MUFFINS

Materials	Measure
Beaten Egg	1
Salt	$\frac{1}{2}$ Teaspoon
Melted Butter	2 Tablespoons
Molasses	$\frac{1}{3}$ Cup
Raisins	$\frac{1}{2}$ "
Sweet Milk	1 "
Soda	$\frac{1}{2}$ Teaspoon
Cream Tartar	1 "
*Gluten Flour	$\frac{1}{2}$ Pint
*Wheat Bran	$\frac{1}{2}$ "

Directions

Mix first five ingredients in the order named. Dissolve soda in a very little warm water, and add to it the milk. Stir well altogether. Then add the bran and flour in which is well mixed the cream tartar.

Mix thoroughly. Bake in gem pan in hot oven from twenty to thirty minutes.

*One can also vary the above receipt by substituting 1 pint of wheat flour for the $\frac{1}{2}$ pint each of gluten flour and wheat bran.



BRAN BREAD

Materials	Measure
Beaten Egg.....	1
Melted Butter.....	2 Tablespoons
Molasses.....	$\frac{1}{3}$ Cup
Raisins.....	$\frac{1}{3}$ "
Salt.....	$\frac{1}{2}$ Teaspoon
Sweet Milk.....	1 Cup
Soda.....	$\frac{1}{2}$ Teaspoon
Cream Tartar.....	1 "
Graham Flour.....	$\frac{1}{2}$ Pint
Wheat Bran.....	$\frac{1}{2}$ "

Directions

Mix first five ingredients in the order named. Dissolve soda in a very little warm water, and add to it the milk. Stir well altogether. Then add the bran and flour in which is well mixed the cream tartar.

Stir all ingredients thoroughly together and place in greased bread pan. Bake in moderate oven about forty minutes.



cellent. Eating bran in these forms is both appetizing and satisfying.

The results will be found highly pleasing and gratifying.

The edible portion of the following articles of food, as ordinarily purchased, contain approximately the number of calories, or nutritious units, indicated in this table. The figures in each column are the number of calories per pound of material.

[Account has not been taken of the amount of water, refuse and residue which form a large percentage of many foods.]

Kind of food	Protein	Fat	Carbo- hydrates	Total
Tenderloin Steak (fresh beef)	200	300	1,300
Porterhouse " " "	250	240	1,200
Sirloin " " "	200	200	1,100
" (top) " " "	260	800	2,000
Round " " "	180	120	900
Rump " " "	230	340	1,350
Flank " " "	200	240	1,200
Rib Roast " " "	240	360	1,400
Fore Quarter " " "	200	250	1,200
Hind Quarter " " "	200	250	1,200
Soup Stock " " "	10	3	200
Heart " " "	180	220	1,100
Kidney " " "	80	25	3.5	500
Liver " " "	110	30	.2	550
Sweetbreads " " "	130	100	800

Kind of food		Protein	Fat	Carbo- hydrates	Total
Tongue	(fresh beef)	150	75	800
Corned Beef	“ “	200	325	1,300
Breast	(fresh, veal)	180	110	900
Chuck	“ “	125	35	600
Flank	“ “	160	80	800
Leg	“ “	140	60	700
Cutlets	“ “	150	55	750
Rib	“ “	140	55	700
Shank	“ “	120	30	600
Shoulder	“ “	190	95	950
Fore Quarter	“ “	140	50	700
Hind	“ “ “	140	55	700
Heart	“ “	110	60	700
Kidneys	“ “	90	35	550
Liver	“ “	100	30	550
Breast	(fresh lamb)	250	300	1,300
Leg	“ “	220	240	1,200
Shoulder	“ “	275	425	1,500
Fore Quarter	“ “	250	350	1,400
Hind	“ “ “	225	215	1,100
Chops (broiled)	“ “	330	475	1,600
Roast Leg	“ “	175	100	885
Chuck	(fresh mutton)	250	600	1,750
Flank	“ “	280	800	1,950
Leg	“ “	200	200	1,100
Loin	“ “	270	600	1,750
Shoulder	“ “	200	250	1,200
Fore Quarter	“ “	240	475	1,600
Hind	“ “ “	240	400	1,500
Leg (roasted)	“ “	350	300	1,400
Ham	(fresh pork)	250	500	1,600
Loin (chops)	“ “	260	500	1,600
Shoulder	“ “	200	550	1,650
Bacon	“ “	300	2,000	3,000

Kind of Food	Protein	Fat	Carbo hydrates	Total
Sausage (fresh pork)	400	800	2,000
Tongue " "	350	550	1,700
Chicken (fresh poultry and game)	100	15	500
Fowl " " " "	200	200	1,000
Goose " " " "	285	650	1,800
Turkey " " " "	300	370	1,500
Capon (roasted) " " "	250	100	1,000
Turkey (roasted) " " "	250	200	1,000
Bass (fresh fish)	90	9	450
Bluefish " "	75	5	400
Cod " "	60	4	350
Eel " "	130	60	690
Flounder " "	40	2	300
Haddock " "	60	1	350
Halibut " "	100	30	550
Herring " "	120	45	650
Mackerel " "	130	50	700
Pickrel " "	65	2	350
Salmon " "	250	130	1,000
Shad " "	150	90	800
Smelt " "	70	5	400
Trout " "	100	10	500
Frog's Legs (amphibia)	50	5	300
Clams (shell fish)	20	2	4	200
Oysters " "	20	5	15	300
Lobsters " "	90	10	3	450
Scallops " "	50	1	15	350
Eggs (hens' uncooked or boiled)	110	100	800
" (" whites only)	35	.8	275
" (" yolks ")	270	560	1,700
Butter	35	3,000	3,600
Cheese	600	800	75	2,000
Milk	9	10	15	300
Corn Meal (vegetable foods)	170	80	1,350	1,700

Kind of Food				Protein	Fat	Carbo- hydrates	Total
Oatmeal	(vegetable	foods)		350	145	1,250	1,800
Rice Flour	"	"		170	150	1,200	1,700
Rye	"	"	"	120	30	1,260	1,600
Wheat	"	"		240	35	1,000	1,700
Brown Bread	"	"		50	20	500	1,000
Corn Bread	"	"		110	90	600	1,250
Rye	"	"	"	130	15	700	1,300
Graham Bread	"	"		130	45	700	1,300
Wheat	"	"	"	100	20	670	1,250
Zwiebach	"	"		195	200	1,400	1,950
Crackers	"	"		200	220	1,450	2,000
Chocolate Cake	"	"		100	125	900	1,600
Sponge	"	"	"	115	200	1,250	1,850
Gingerbread	"	"		100	150	1,050	1,700
Doughnuts	"	"		145	500	1,100	2,050
Apple Pie	"	"		45	130	570	1,300
Lemon Pie	"	"		40	110	400	1,150
Squash	"	"	"	35	60	160	800
Mince	"	"	"	80	175	560	1,400
Tapioca Pudding	"	"		35	40	250	850
Molasses	"	"		50	1	950	1,300
Honey	"	"		15	1,250	1,550
Maple Syrup	"	"		1,100	1,400
Candy	"	"		1,600	1,700
Asparagus	(vegetables)			2	.2	3	100
Beans	"			350	25	1,050	1,650
Beets	"			5	.3	25	200
Cabbage	"			5	1	13	200
Cauliflower	"			3	.9	8	150
Carrots	"			4	1	25	250
Celery	"			1	.1	4	100
Corn (green)	(vegetables)			17	5	100	500
Cucumbers	"			.7	.2	3	90
Lettuce	"			2	5	3	100

Kind of Food	Protein	Fat	Carbo- hydrates	Total
Mushrooms (vegetables)	20	2.5	50	400
Onions “	9	1.5	35	300
Parsnips “	6	2	5	350
Peas “	35	2.5	80	500
Potatoes (white) “	10	.9	100	450
“ (sweet) “	20	7	230	700
Pumpkins “	1	.2	65	125
Squash “	5	2.5	25	250
Radishes “	4	.4	12	200
Rhubarb “	.7	1	5	120
Spinach “	2	.4	3	100
Tomatoes “	1	1	6	120
Turnip “	5	.7	30	250
Apples (fruits)	2	3.5	50	350
Apricots “	2.6	30	260
Bananas “	75	5.5	130	550
Blackberries “	4.5	6	40	350
Cherries “	4	3	70	400
Cranberries “	.9	1.8	23	230
Figs “	6	75	400
Huckleberries “	3	3	50	350
Grapes “	5	7	95	475
Lemons “	2	2	20	225
Oranges “	3	.9	40	300
Muskmelons “	.9	14	180
Watermelons “	.7	.3	10	150
Peaches “	1.4	.2	18	200
Pears “	1.8	1.8	40	300
Pineapples “	1	.8	20	210
Plums “	4	80	400
Prunes “	4	70	400
Raspberries “	6	5	40	325
Strawberries “	2	2	20	200
Almonds (nuts)	700	1,600	600	3,000

Kind of food	Protein	Fat	Carbo- hydrates	Total
Brazil Nuts	500	2,100	200	3,200
Butternuts	800	1,900	95	3,100
Chestnuts	80	95	500	1,200
Cocoanuts	150	1,350	750	2,700
Filberts	500	2,100	400	3,300
Peanuts	700	1,100	900	2,700
Pecan Nuts	340	2,400	500	3,400
Walnuts	500	1,900	570	3,200

THOUGHT

THE marvelous process by which beefsteak, milk, mince-pies, watermelons, doughnuts and food in other forms are converted into thoughts, is still among the unexplained phenomena of every-day life. Thoughts are, nevertheless, the product of these and other material things through the physical nature, as well as being the product of the ethereal or spiritual nature.

Expressed differently thoughts are not entirely a product of the mind, but of the whole organization. Clear thinking, sound judgment, vigorous action always accompany a healthy body.

The quality of our thoughts, as well as the quality of our muscles and bones, depends much on what and how we eat. The character of thought reflects the physical condition.

The pleasant anticipation of your meals is an important feature of the eating process. The cultivation of an appreciation of the food you eat helps you to derive the greatest value from your food. By this is not meant the cultivation

of "the live to eat" habit, but rather "the eat to live" idea. Since we must take nourishment into our bodies to sustain life, it is best, as a matter of economy and efficiency, to acquire the habit of doing so in the way to secure the greatest benefit.

The processes of eating and digestion are performed to the best advantage under the radiant sunshine of pleasant thoughts.

Do not allow any cloud to shade the mental horizon when eating. Negative thoughts of fear, anger, worry and apprehension retard, and in extremes of any unpleasant condition, actually stop the process of digestion.

If you have an axe of dissension to grind, or a bone of contention to pick; if you are carrying a vindictive chip on your shoulder, deposit them all outside the portal to the festive board.

Do not permit any except good, wholesome thoughts to enter your mind then (or any other time if you can prevent it) any more than you permit any except good, wholesome foods to enter your body.

Did you ever hear of a band being hired to play a funeral dirge at a banquet? Or the guests being requested to bring all of their mournful

tales, grievous experiences and woeful vicissitudes, and their neighbors' as well, as an opportunity would be given to each in turn to relate and rehearse their troubles for the mutual benefit of all present, on such a festive occasion?

No! Rather,

"Eat, drink and be merry!"

"A merry heart doeth good like a medicine."

"Let good health wait on appetite,
And digestion on both."

Carry a light heart to the dining room. Let the rafters ring with merriment and the atmosphere of cheerfulness and good fellowship pervade the eating place, whether that be the kitchen of a humble cottage, the banquet hall of kings, or the group which encircles the hunters' camp fire. Laughter and mirth aid digestion; stimulate the liver — the largest gland in the body — and quickens the circulation; exercise the diaphragm, the important muscle which forms the partition between the chest and the abdomen. Man is the only animal possessing this happy faculty — the ability to laugh. But

you won't get the benefit of it if you don't use it. Therefore, acquire the ability to enjoy a good laugh.

Do not get angry! Do not lose your temper! Do not permit a violent wave of revengeful passion and rage to sweep over and shake your realm of self-control. It not only does not look well, and you are likely when in such a disturbed mental state to say and do things you will regret, but by so doing you are actually injuring your health. Such a condition generates organic poisons in your system which require time for eradication and considerable well directed effort to overcome their ill effects. Meanwhile, you suffer physically and mentally.

You know a serpent is provided with sacs for receiving and storing poisonous matter which it creates and also possesses the power to instantly eject this venom as it strikes its victim. Mankind, the highest order of creation, is not, however, able to thus expel these vitiating products, which, on the contrary, being longer retained in the human system, are productive of harmful and deleterious effects.

Thinking thoughts which are unpleasant, unwholesome, devitalizing, brooding over real

or imaginary wrongs, harboring and retaining and allowing such intangible debris to remain in or dominate the mental system is mental constipation. Such a condition corresponds to physical constipation. And seriously impairs the health and harmonious operation of the entire physical body. Banish such negative and discomforting ingredients from your mental compound.

You ask, "How shall I do this?"

The method is easy and quick. You cannot really think of but one thing at a time. Therefore simply put into your mind new pleasing, wholesome, nourishing, vitalizing — positive thoughts instead. These will drive out the undesirable.

You may, unfortunately, have acquired the habit of harboring ill thoughts. And so to overcome this, and form the habit herein suggested, may require patient, persistent effort. But you can do it if you will!

You will be pleased with the almost immediate benefit. You instantly feel better and you are better.

Allusion has just been made to the power of the will.

The will should be monarch of the mental realm. And if well trained can control the thoughts which enter the mind. On the kind of thoughts which you allow entrance to your mind first each day, when you awaken, largely depends the measure of your attainment that day.

Optimistic, joyous, happy, bright, buoyant, wholesome, positive thoughts help harmonize the mind and body for the day's work.

Pessimistic, sorrowful, cheerless, sullen—negative thoughts greatly diminish your physical and mental ability.

The attitude of your mind—the place in which your thoughts are manufactured is important.

You know the magnetic needle ever turns toward that great centre of magnetic activity, the earth's pole. So, also, the magnet will divert and attract steel chips.

Analogous to the power of the magnet is the human mind. It will attract those influences, impressions and attributes which are in tune with the predominant mental attitude of the individual. If you really desire health, fix your mind on it; think it and think about it. Mentally picture yourself healthy. Anticipate and expect

health, act health. Believe you will gain it. All this will do more perhaps toward enabling you to realize your anticipation than perhaps you now believe.

Thought has a vital bearing on the body. The mental nature and physical nature are intimately related. In fact, we are each the product of our thoughts. We are what we think—what we will to be.

You recall that familiar quotation from the sacred page: "As a man thinketh in his heart, so is he." Centuries ago this great truth, this plain statement of the power of thought to mould, shape, and determine the character and the measure of success of each of us was given to the world.

Do not habitually imagine any circumstances or conditions you do not want realized. Do not allow negative thoughts of possible failure, or sickness to occupy your mind else you will be liable to thus actually develop such conditions. Think and believe thoroughly and firmly and continually in health, happiness and prosperity for yourself.

Health and happiness are not measured by the number of digits at the left of the decimal point

required to express your bank balance, but money gained by fair and honorable means may increase both.

Do not consider anything too good or too great for you. Or conclude that the vast resources and wealth of this world are for a chosen few. You are entitled to all you can acquire by honesty and industry. Your ability and capacity for work are your only limit.

Do not confine your aspirations by what you may have thought before or handicap your ambition by conventionalities, or what some one else may have done. Deliberate a moment on the process of evolution which has been going on for ages; from oblivion, chaos, barbarism, ignorance, superstition, down to the enlightened and improved conditions encompassing the people born to live in this dawn of the twentieth century. And as you compare and muse on the glories and blessings of to-day, reflect on the mysteries, powers and forces still unlocked and unrevealed in the earth and sky. These are the possibilities of to-morrow for those who forge ahead.

To those who can think, originate, improve, invent and create "belong the spoils."

Be alert and alive to the best and greatest.

Seize and appropriate in every legitimate way everything worth while that comes in your direction. The choicest that earth affords in health and wealth is your birthright. Live so you can claim it. You have only one life in the here and now. What you get out of this life depends on the way you use it and what you put into it. Therefore, your life is the most important subject to you.

Conquest and victory are the issue from taking advantage of every favorable occasion and auspicious combination of conditions. You must be vigilant to apprehend and grasp these.

Faith and confidence in yourself backed by determination to win makes a capital main-spring and which will enable you to "come back" every time.

We are each prone to blame "luck," "fate," "circumstances," etc., for our success and failures, not realizing how large a part we each have in determining these things for ourselves. We are each largely the architect of our own destiny.

Ella Wheeler Wilcox has written:

"Each thought is a nail that is driven
In structures that cannot decay,

And the mansion at last shall be given
To us as we build it to-day."

Every moment in which you are awake your mind is occupied with thinking, meditating, imagining, pondering, musing. You are thus consciously or unconsciously establishing a mental plane or habitual mental attitude. This in turn is the model by which your life is being moulded and made to conform to day by day. It determines the kind of influences and impressions you exert upon others and also the kind of environment, conditions, qualities and opportunities which you will attract to yourself.

From this you can see the importance of right thinking. Have an ideal. Make it high. Work it out mentally. Make it complete, clear and sharp, as a mental image of what you would like to be, mentally and physically; the environment in which you prefer to live and the way you would like to express yourself. Hold this constantly before your "mind's eye" and as the constant dropping of water wears away the stone, as the continual flow of the river cuts the earth away, so will your character be moulded your destiny be shaped.

Mind is the sculptor and thought is the chisel which hews and carves your lot. Your ideal is the model by which your fortune is wrought.

These marvelous changes will not be brought about instantly. But as the silent, constant development and growth of the life principle is manifested in a babe or plant, so in reality will your mental image take material form all in accordance with your ideal, your mental pattern, your mind's image of what your ambition dictates.

Thought is the architect and artisan which designs and executes your realized hopes and ambitions. The plane you reach on the heights of success will be no loftier than your plane of thought — your habitual mental attitude.

All this is the product of the will as expressed through thought and action.

The measure of your ideal which you attain and maintain is in direct proportion to your strength of will. This realization of your ideals requires concentration, courage, perseverance inspired and controlled by your will.

Be the master of your will.

All of these attributes are also developed and cultivated and strengthened by the daily exer-

cise of these qualities in striving to achieve your ideal.

In this work of attainment you have a powerful ally, a compelling and impelling conqueror to aid you, viz., the Law of Suggestion — Inspiration.

The Law of Suggestion may be defined as a force which excites or arouses an idea directly or indirectly in one's own mind or the mind of another — the systematic use of any means to call up in the mind in a spontaneous or involuntary way any thought or idea, as through association, intimation, insinuation, comparison, etc.

Perhaps you doubt the power of thought.

Here is an illustration from actual life. A young boy apparently in the best of health had gone to visit his grandmother. This child had passed through several serious physical afflictions and had just recently recovered from a grave illness. His grandmother, from natural affections, was not only very solicitous of his welfare, but the boy also was especially dear to her, for as a baby and during the first years of his life she had the larger share of thought and care in his development. As sudden as the shock of an unexpected blow the boy began to sicken.

He rapidly grew worse and when the physician announced, in his opinion, that the child was the victim of a virulent contagious disease the grandmother was instantly prostrated.

Why? She accepted the suggestion of the probable condition of the child as a fact, and mentally realizing the seriousness of the consequences, this thought almost immediately deranged her entire physical organization. The physician said another twenty-four hours would confirm or deny his suspicions regarding the boy's condition.

After the doctor's careful examination on the following morning he decided that the boy unquestionably had not the supposed disease, but the symptoms of the previous day were probably caused by acute indigestion and a few days of good care would effect the cure. Almost instantly the grandmother regained her strength, and got up well. Why the change? Simply the influence of the good positive thoughts suggested by the doctor and his assurance that the child was out of danger and on the road to rapid recovery.

Many people have been actually cured of physical ailments by drinking plain, ordinary,

pure water, or taking tablets made of common salt or sugar, when labeled with the name of some famous mineral water, or medicine, which had been suggested to them so forcibly, by friends or advertisements, that they thoroughly believed and were actually convinced that those particular remedies were the only means which would effect the cure.

Here is another specific case. A woman was losing the sight of one eye by the growth of a cataract. She consulted an optician who "prescribed" glasses made of a particular kind of glass and peculiar lenses. He explained this glass possessed the remarkable power to heal her eye if she would wear the glasses constantly as directed for a specified time. She agreed, paid him about six times the usual price for the glasses, followed his advice and was cured. Cured by the force of the thought he inspired in her by so strongly "suggesting" the curative power of the glasses. She accepted, believed and lived it.

These cures illustrate results which were really accomplished by the power of thought through suggestion.

Numerous are the recorded instances of phys-

ical conditions changed, aid rendered, assistance effected, sickness averted, health regained, prosperity assured, character transformed—all the direct result of the power of thought rightly directed.

Next in importance to the existence of this powerful factor in the control of circumstances and the shaping of destiny is the fact that the utilizing of this Law of Suggestion—the application of this wonderful thought force is available to whosoever will avail himself or herself of it. Free and inexhaustible as the air.

By whatever term, fad, fancy or creed you choose to designate this power of mind over matter, this ability of the mental to control the physical is of small consequence. Whatever it is not — IT IS SCIENCE. The Law is unchangeable.

The mind possesses the power to exert a direct and tremendous influence upon the body. The brain is the seat of the mind.

Brains are one of the indispensable possessions with which we are endowed when we awake on this “terrestrial ball.” Brains are born—not made, or canned, for posterity. You will not find them offered at bargain sales, or among the

“57 varieties.” Although you cannot buy additions to your heritage, you can develop your initial allotment with use. Think!

When you inventory your assets, remember there is one thing of inestimable value that you have in as large a measure as the richest man, or the highest potentate. And that is time. Each one of your days comprise twenty-four hours; no shorter and no one else's is any longer. All the progress of the ages has been accomplished in time. Time is precious and fleeting. You cannot use what is past, but with every day are born new opportunities. You cannot afford to waste time. Every hour that passes is gone forever.

“And our hearts, though stout and brave,
Still, like muffled drums are beating
Funeral marches to the grave.”

No matter how many worlds you have conquered, or lost—there are always opportunities ahead. Some are transitory, some disguised, some hidden, some small, others great. But even if you succeed in catching up with a big husky opportunity, the chances are she will not send you an invitation by special delivery to arrest her, or tap you on the shoulder and present a

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formal introduction. There may be other opportunities following you around with a club and you not know it. So it is up to you to be the detective and the crafty hunter. This requires keen perception, courage, zeal and the power to act.

There is nothing that will spur you on and hold you to the task like self-interest (not selfish interest—that is different). Self-interest is the element in work in which you will share in the profits in proportion to the amount of brain, and brawn or money you put in and make good.

Under these conditions, the time clock becomes a “check punch” and rules and regulations “strings” of a harmonious chord. Therefore attach yourself in some vital way to some alive and paying proposition or institution.

Generally speaking, the larger the proportion of “brains” you mix with your investment of effort, money, etc., the larger will be the financial yield from your experience crucible.

THE WILL

WHAT is the will? Whedon defines the will as; "That power of the soul by which it intentionally originates an act or state of being."

Wundt says; "The will is the power of self-determination and the active side of consciousness."

Scientists agree that the will is an attribute, or faculty of the soul,—“the real self.”

Your soul, your real self is immortal, therefore eternal—always young. What difference does it make how old in years you are? Your life began when you were conceived in love. Years, simply as periods of time, may be of great importance to a dog, or an elephant, but really mean little to a life, such as yours, which was born to live forever.

What you do with your years—your life—how well you improve your one or more talents, that is of vital importance to you.

The soul is the power, the strength, the ability, the capacity, the caliber of the individual. But the caliber, the possibilities of the soul—

your real self—are as limitless as the length, breadth, height and depth of boundless space. The things which handicap and limit the growth and development of the soul are low ideals, lack of ambition,—a stunted and untrained mind.

The will is the king-pin of the whole individual. All one's powers, mental and physical, exist for naught without the ruling, directing and stimulating energy of the will.

The will is the dynamic force which gets results. It invigorates and converts inclinations and tendencies into action,—realities. It makes the "wisher" a "doer." Without the will hopes, aspirations and desires fade away into unrealized day dreams. Devoid of the will a noble purpose is like a mighty engine without steam.

Be the subject love or war, sublime or ridiculous, æsthetic or ugly, the right to choose, the authority to command, the judgment to decide, the inclination to follow, the power to direct, all belong to the human will.

Desirable environment is the product of high ideals multiplied by the energy of a strong will: thought plus action. This is what has transformed the pine torch into the electric light;

converted the prairie-schooner into the Pullman train; changed the mail-coach into the telephone and wireless telegraph; merged the "one hoss-shay" into the automobile; turned the log cabin into the palace; effected the transition from the forest into the metropolis and the wilderness into the vineyard and fields of golden grain.

Contrast the environment of the average individual to-day with that of his predecessor of even fifty years ago to leave unmentioned the surroundings of our forefathers of one hundred or more years past.

The efficiency of the will depends upon two things, viz., health and training.

If a person is physically weak the will is weak. Persevering effort and the ability to concentrate the attention effectively to accomplish a given result is impossible without good health and indefatigable energy. Feeble wandering attention accompanies physical weakness.

Bodily vigor helps the memory, — another faculty of the soul.

The development of a strong will is accomplished little by little, as the growth and devel-

opment of an oak tree, not by magic in a trice. It is the result of persistent effort.

The ability to really enjoy life is only the result of persevering application to a given task. Ceaseless activity, rightly directed in the accomplishment of some end which at first may seem impossible, is the true essence of the joy of living. The achievement of a high ideal is the acme of real happiness.

The pleasures of our sojourn on this footstool of the Almighty are increased a hundredfold by work. Bad is the lot of any man or woman who seeks contentment and enjoyment in indolence.

One's state of mind is determined by the thoughts which occupy it. Whether you are happy or the reverse largely depends on the power of your will to direct your thoughts and feelings. If your will is trained and developed, so it is king of your mental domain, you can admit or deny entrance to whatever thoughts surge and clamor for recognition.

An immense aid to the development of the will is to first, have a goal, then cultivate an ardent love for the result you seek to attain.

Learn to love to perform the simple acts and

follow the plain rules, which make up this “prescription” for physical ease herein set forth, and thereby win the great reward — HEALTH — in compensation for your efforts. Do these things until they become habitual — “automatic” — and then they are easy and a source of great pleasure.

You know the philosophy of habit is based on the property of plasticity which is possessed by the human organism. This characteristic is greatest in childhood and gradually diminishes with each succeeding year. On this depends the lasting value of the early training — “bringing up” — of children and the importance of correct influences and environment with which they are surrounded during those years when their characters, which are made up of complicated tendencies and ideas, are most easily moulded and shaped.

It is possible to change one’s habits and one’s character at any time. But the difficulties to surmount in effecting such changes increase as the years advance.

Why?

Because in early life one’s inclinations and tendencies are most easily changed. The first

time you perform a definite act you express a decision of your will. The first performance of every act (and often the repetition of many acts) is the result of conscious, deliberate action of the will.

The mental states leading to the action are:

- 1 You desire to do it.
- 2 You have a reason or motive for doing it.
- 3 You decide to do it.
- 4 You choose how you will do it.
- 5 You do it.

In doing any act the first time a new channel is started over a certain sensory nerve to a certain brain cell and back over a certain motor nerve to a certain muscle or muscles required to perform the act. Each time you repeat this act this particular channel is deepened. Each succeeding effort to execute this same act makes the accomplishment easier. You thus gain facility.

By persistently repeating the act daily you soon form the habit and you are able to do it automatically, i. e., speedily, easily, accurately, confidently and without close attention or conscious effort.

From this you can readily realize the tremen-

dous advantage, from an economic standpoint, of systematizing your daily struggle toward the goal of health in the performing of this "programme" of breathing, thinking, exercising, cleansing, eating and drinking for the best results.

If you plan these duties in the best way and faithfully do them according to your plan each and every day, you will soon "get the habit" and thus gain the greatest efficiency. And then you can do them thoroughly with the least exertion and in the quickest time.

If you have formed undesirable habits, those which handicap and impede your attempts to achieve the highest success—get rid of them! It may take years to dig out some negative habits by the roots and plant, cultivate and rear positive ones in their places. But you can do it if you WILL—provided you will sufficiently strong. Consequently, if you do not accomplish what you want to do, or attain the success you desire instantly do not relax your efforts. Keep at it and you will win! Courage and perseverance rightly directed will accomplish great results and their help in overcoming undesirable habits is indispensable.

A word of caution,—do not confuse stubbornness, mulishness, impulsiveness, explosive outbursts of the emotions, or the dilly-dally, dreamy, indefinite, vacillating, spasmodic effort, or the “I—don’t know-where-I’m-going,” but—“I’m-on-the-way” characteristics of some people, with the force, the strength, the tenacity, the vigor, the mighty impelling and compelling power of a well trained will.

The calm, resolute, indomitable will, counseled and instructed by the sound judgments and wisdom of an able intellect surmounts every obstacle, levels every mountain of difficulty and bridges every chasm of disappointment and despair, and rides supremely, triumphantly, the unconquerable monarch of mortal activity.

Even the powers of darkness and that Grim Reaper have respect for this unlimited power in the human realm, for does not death sometimes “stand by and wait an hour” for such a will?

How may the will be trained?

First, by giving it and the process by which it is trained, or developed, attention. Back this with strong ambition and desire for success and interest in its attainment. The power of the will is developed by the daily effort to overcome

the tendency to idleness, and banish any inclination to laziness.

Second, you must earnestly desire to train it. The training of the will cannot be accomplished without the "flame of desire" any more than you can relish your breakfast without desiring to eat, or enjoy walking five miles to a football game unless you desire to do it. And the "hotter"—more ardently—you kindle the flame with enthusiasm, the quicker and easier you will get results. Get "hungry" for the task. Love the strife to win the goal. Aspire!

Third, you must create intense interest in the task, but do not spend too much time in "contemplation." Get action!

Fourth, you must definitely decide to go at it. And be as persistent as you are enthusiastic.

Fifth, you must select your plan of action. Don't use "bird-shot," i. e., do not work aimlessly like a ship in a storm without a rudder, or scatter your efforts in spasmodic endeavor. But keeping your mind's eye clearly focused on your "objective terminus," achieve your success by repeated well directed efforts—each driven like a rifle shot straight through every obstacle.

Sixth, you must execute your plan. Perform the processes as rapidly as possible but remember you are not trying to construct a sand house—for time. You are striving to build an impregnable fortress—for eternity. Therefore, while celerity is desirable do not start with such a burst of speed that you will weary at the “first turn.” Better start slowly and surely and speed up as you progress. Cling to every advantage gained and never relinquish your grip except to get a fresh hold.

You will do what you WILL. You will be what you WILL.

As health is the first requisite for success so also health, a good physique and a wealth of physical energy are the first requisites to train and develop a strong will.

The object of this little book is to enable you to gain health. Do not think, because you have not now everything you want, that you cannot attain the coveted goal. Use the powers you have to the best advantage and you will be in a fair way to achieve the desired end because these powers grow and increase with use.

The next step, in training the will, is to train the intellect—the power to think. Dismiss un-

wholesome thoughts from the mind. Do not clog and poison the mind with ill, sad, morbid, morose, depressing, vindictive, idle, devitalizing thoughts.

This is mental constipation.

The mental attributes of memory and imagination and the sensibilities should also receive attention.

Employ the Law of Suggestion.

The doing, the performing of these requisites faithfully and persistently constitutes the training of the will. The sure and natural consequence is the possession of a strong will, as a part of the very essence of yourself, the sovereign of your being.

Remember, everything that has ever been accomplished, every eminent victory, every well-wrought career, every great achievement heralded from the hills of fame, is simply what the other fellow—another human being—has done.

He or she did it, not by paying homage at the altar of "hard luck," or waiting for something to "turn up," or by "watching the clock," or joining the tribe of "quitters." But by making stepping-stones of failures, ladders of disappoint-

ments and elevators of opposition; by the will-power of keeping everlastingly at it. "Go thou and do likewise!" Act.

MEDITATION

IN ADDITION to the help one can surely gain by forming the habit of harboring only cheerful, optimistic thoughts; by cultivating the art of self-control; by using the Law of Suggestion and proper exercise in the process of developing the mental and physical powers to a high degree, some time spent in meditation is important.

Meditation is continuous, serious, contemplative thought on any subject. Whether the subject is some article which has claimed your attention, or some problem with which you are confronted for solution, or an idea, or proposed plan, meditation, reflection, helps to shape the course which will materialize in action.

Meditation aids "mental digestion."

There is no more profound subject, no theme which will inspire more noble and sublime thoughts than God's Universe.

Go out on a clear night and behold the heaven's diamond studded arch of blue. Consider that each of the (more than) 30,000,000 stars visible with the telescope are another "world"

occupying its own place in boundless space; each following its trackless course guided and controlled with Infinite precision.

In our conflict for social pre-eminence and industrial prestige, with our overmastering strife after the "greed of Croesus" we make a lot of noise, more or less inharmonious, and attain a degree of speed.

This is an age of discovery, development, progress and speed.

If we build an engine which will propel an earth-craft or an air-craft at a speed-rate of 100 miles per hour, we think that is "going some." To accomplish that measure of velocity we generate a lot of noise to leave unmentioned some smoke and smell.

But as you gaze and meditate on the silent stars, the majesty, the sublimity, the magnitude and the wonders of nature and ponder her ways, contrast her processes and results with those of man's kind.

Her tremendous forces at work everywhere are as mute as the sphynx.

Did you ever hear the grass grow, or be kept awake by the trees bursting into foliage, or have to close your shops because of the turmoil and

din from the annual growing corn and wheat crops?

Our earth, one of the eight major planets, is 7,900 miles in diameter. We think of it as a large place. And so it is. But compared with the whole of creation our little sphere is almost insignificant.

The giant planet, Jupiter, is 11 times larger in diameter and 1,279 times greater in volume than the earth. Our sun is 107 times larger in diameter and 1,300,000 times greater in volume than the earth. And many of the "stars" are suns much larger than ours.

The revolution of the earth on its axis whirls its surface through space (at the equator) at the terrific speed of nearly 1,000 miles per hour, or more than 16 times faster than the finest limited trains.

The diameter of the earth's orbit is 185,000,000 miles and the circumference of this "track" is 583,416,000 miles. We hear that large bodies "move slowly," yet the earth covers this distance on its annual tour around the sun in 365 days at the incomprehensible speed of 66,000 miles per hour.

These are gigantic distances which the finite

mind can scarcely appreciate. But this area bounded by the earth's orbit is a sort of village square when likened to other tracts in the supernal realm.

For instance, so huge is the orbit of the planet Neptune and so far is this body (2,791 million miles) from the sun that 165 years are required for it to complete one revolution around this centre of our solar system. Thus, a journey on Neptune commenced on the signing of the Declaration of Independence would not be completed until 1941.

So far is this planet from us, that if King Cheops, instead of building the pyramids of Egypt back in 2800 B.C., had started on a trip to Neptune in an express train and had traveled continuously, day and night, at the rate of 65 miles per hour, he would not have reached his destination until the dawn of the twentieth century.

The distance across the incandescent expanse of the Nebula of Orion is computed as 50,000,000,000,000 miles, but this vast space is only a small "patch" on the dome of the visible Universe.

We were "brought up" to think of the earth

as not a very old part of creation. Yet science reveals the fact that the earth is a detached fragment of the sun. And that the biblical account of the beginning of the world refers to a period of time doubtless aeons ago instead of about 6,000 of "our" years. Also the length of days in which the creation was accomplished was not of the "Union" limit of eight hours, each or even twenty-four hours each, but represented divisions of time covering innumerable ages.

Light travels 186,600 miles per second. This equals a speed of about nine times around the earth while the clock ticks once. Waves produced by electrical oscillations have the same velocity as light waves.

The sun is 93,000,000 miles from the earth. Light covers this distance in a little more than eight minutes.

A "light year" is 5,865,696,000,000 miles. This is an astronomical "unit of measure" used to simplify the calculating of distances in the celestial region. It represents the space traversed by light in one year.

So far beyond the confines of our solar system are many of the stars, that the appearance of the heavens to us to-day is in many respects

what existed centuries ago, i. e., the distances in the firmament are of such stupendous magnitude that the light of distant "suns" does not reach us for hundreds of years. For this reason a new star may be "born" a thousand years before its discovery. The new star Nova Persei is so far from the earth that its light though travelling at the rate of 186,600 miles per second did not reach our sphere until 600 years after the collision or explosion occurred which produced this heavenly body.

Volcanic eruptions sometimes occur on the earth with sufficient force to propel matter from 5 to 50 miles into the air. Although these phenomena are appalling they are like a small boy's Fourth of July compared with the monstrous gaseous eruptions which occur on the sun. These are known to have shot out 400,000 miles from the surface and at an estimated speed of 500 miles per second.

Burning acetylene in oxygen produces $6,300^{\circ}$ Fahr. This is the hottest flame we can generate as a product of combustion. This might be likened to a mild refrigerator when compared to the temperature of the sun which is calculated as $25,000^{\circ}$ to $40,000^{\circ}$ Fahr.

Upon beholding and meditating on the eloquence and grandeur of the amazing starry realm and contemplating the marvels of God's handiwork one is led to think that such was the scene which inspired the immortal Psalmist 3,000 years ago, as, with reverential awe, he exclaimed:

"When I consider thy heavens the work of thy fingers, the moon and the stars which Thou has ordained; what is man that Thou art mindful of him?"

The least of created beings has a part and fills a place, however insignificant and humble, that cannot be supplied in any other way. As we are each a component of the whole, we are each dependent one upon the other. "No man liveth unto himself." Your every righteous thought, your every noble impulse reaches out, joins with, quickens and strengthens the oscillating, pulsating chord of love in Life's surging, restless throng.

Likewise, your every uncharitable, harsh, spiteful thought, your every influence of ill-will intensifies the malice and bitterness of the world by which numberless souls may be forced to

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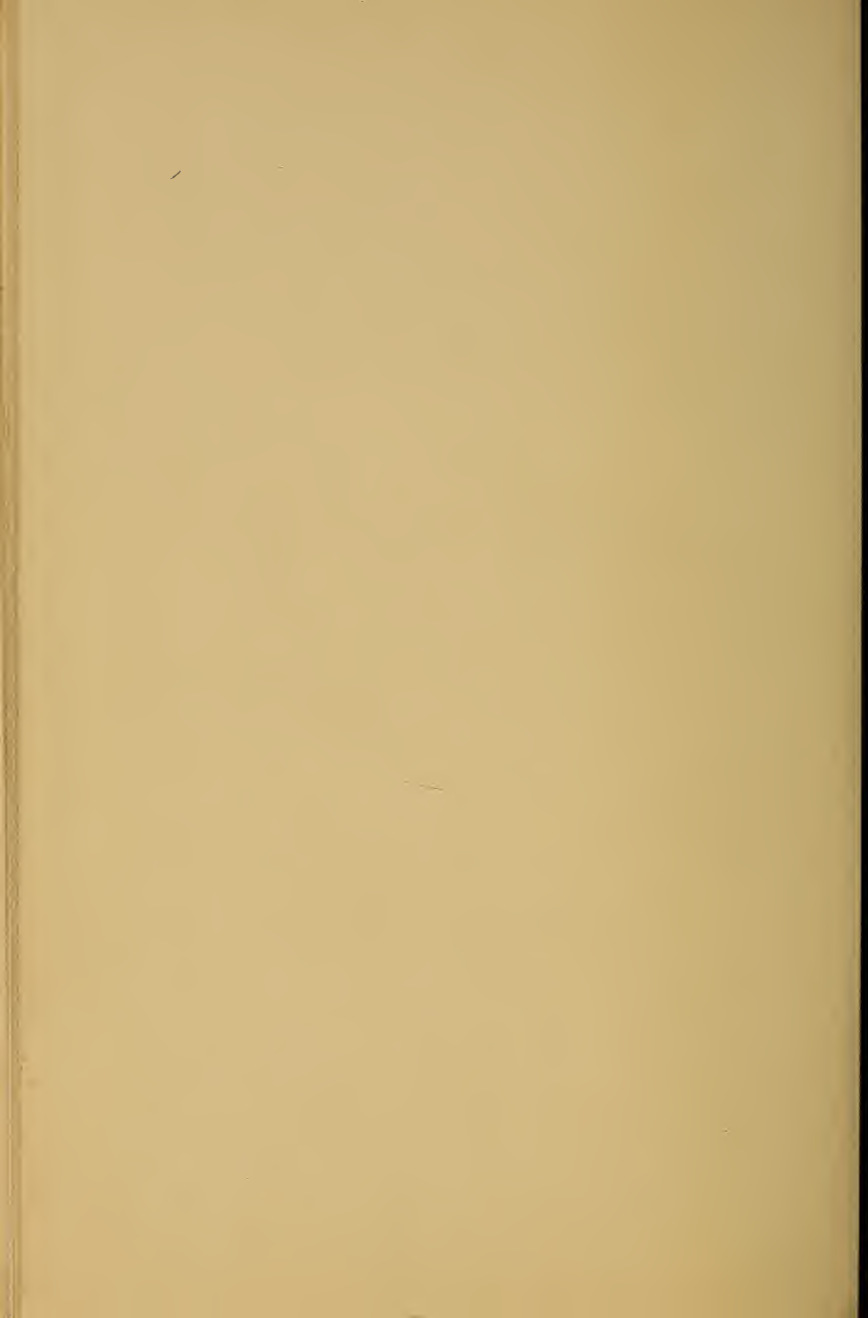
recoil and shrink with the pain from this invisible foe.

Therefore, in the process of self-improvement and self-development we are not only directly benefiting ourselves, but we are also indirectly benefiting the great "common cause"—our fellowmen.

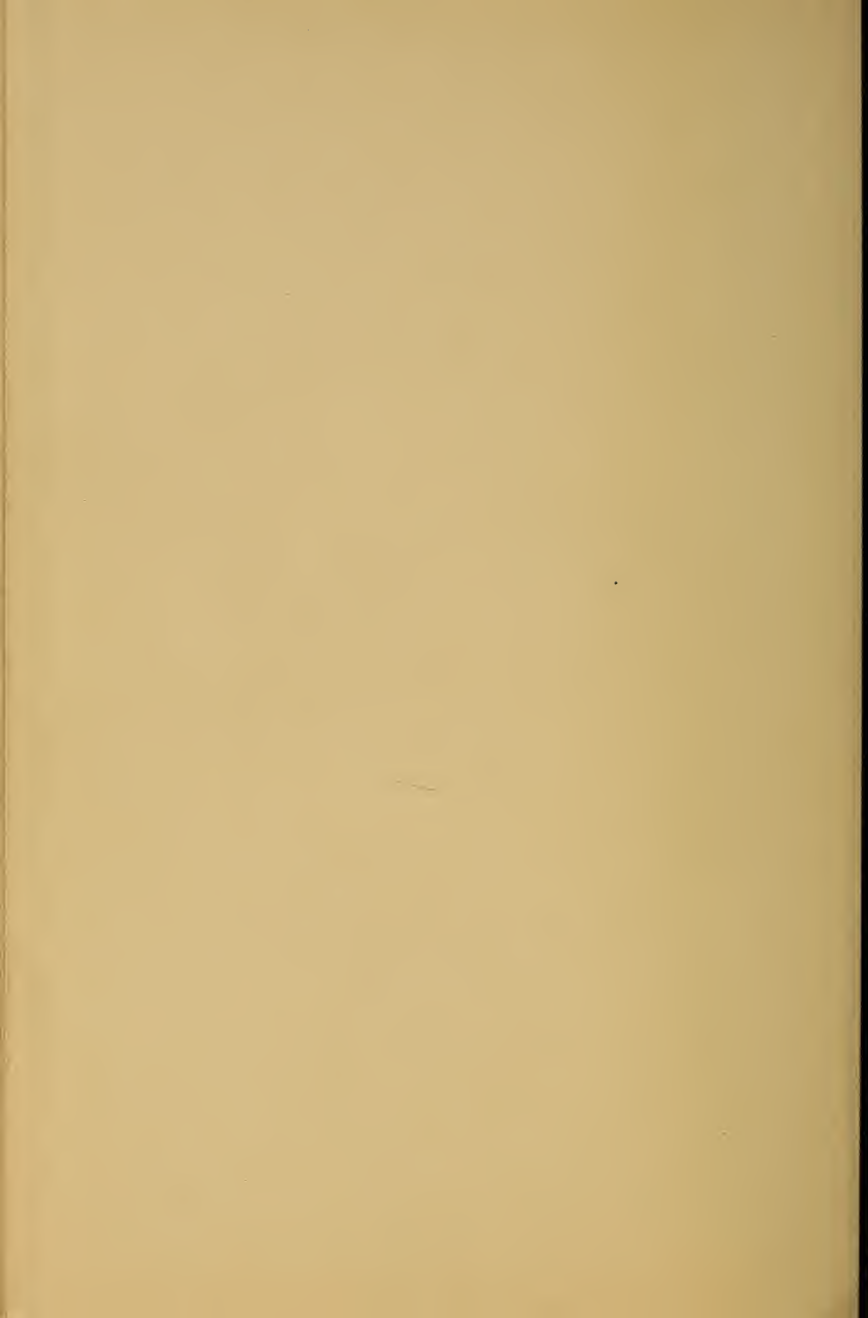
Although the colossal extent of the Universe transcends human apprehension, we are each an essential element of the Eternal plan. "For Thou hast made him a little lower than the angels."













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